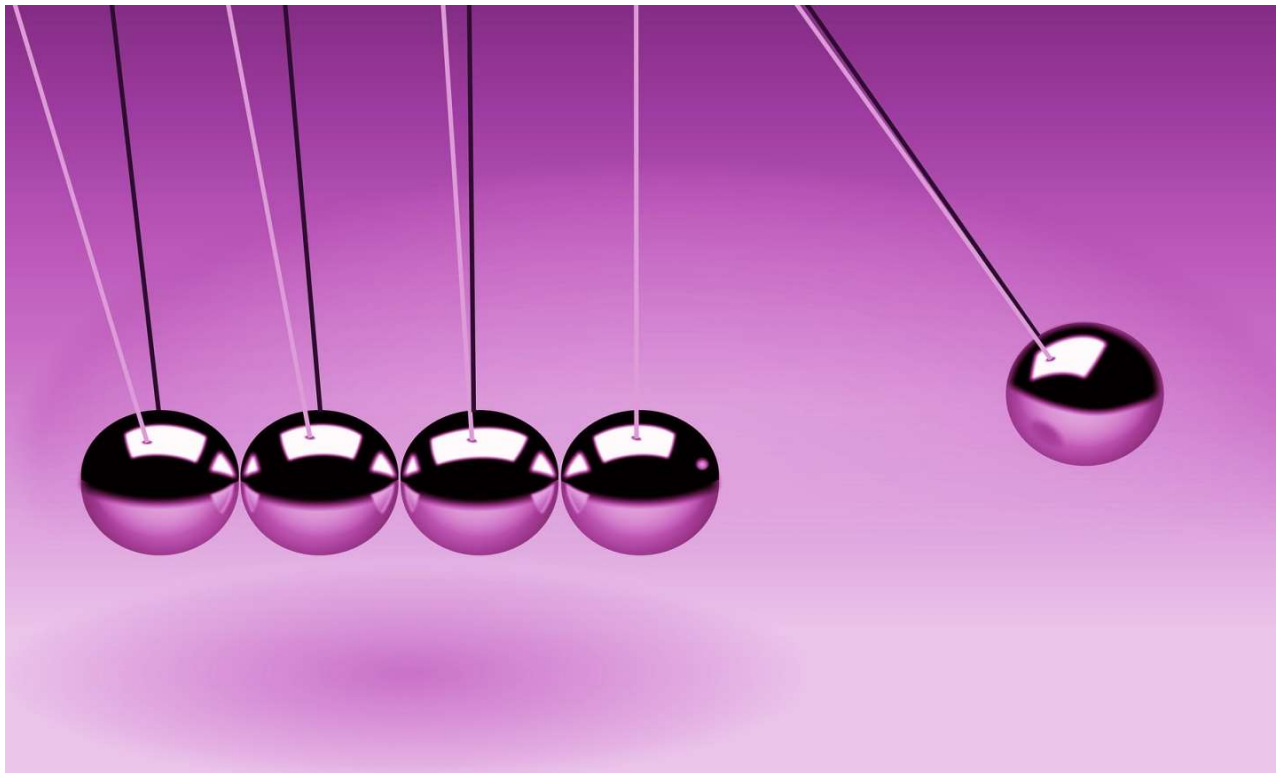




YOUR CHANGE CATALYST

# *Ready to Roll*



*Key questions and top tips for successful change*

# Your Change Catalyst: Ready to Roll

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e-book

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## Monica Castenetto online

Website [www.livealifyoulove.co.uk](http://www.livealifyoulove.co.uk)

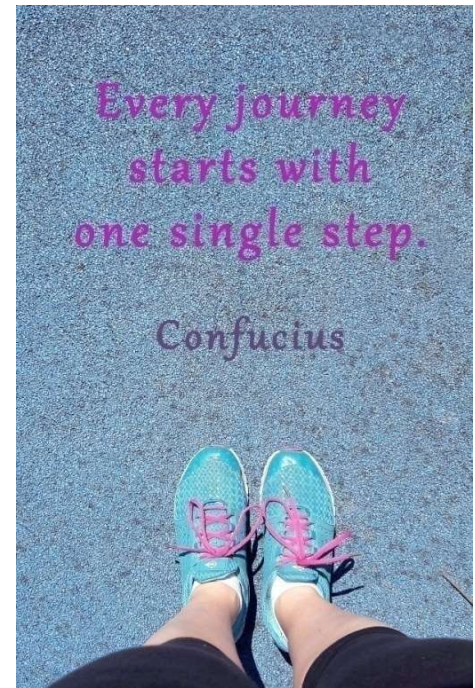
## Also by Monica Castenetto

*What's Your Excuse....For Not Living a Life You Love?*  
(WYE? Publishing), available on [www.amazon.co.uk](http://www.amazon.co.uk),  
on [www.livealifyoulove.co.uk/books](http://www.livealifyoulove.co.uk/books),  
and in major book stores in the United Kingdom.

# *Hello — welcome!*

It's great that you've decided to make a change in your life and you're ready to roll – because deciding make change can take us a while!

Now that the prospect of changing becomes real, you might feel the excitement of the new journey ahead. And perhaps a bit of nervousness or even fear about it, too.



Embarking on something new and unfamiliar can be overwhelming.

Whether the change you're planning is a small adjustment or a sweeping transformation: You might not necessarily know how and where to start. There might be lots of information flying around, and suddenly, it can look bigger an undertaking than you originally thought. And despite your enthusiasm to get going, you might suddenly feel apprehensive about making a mistake.

My intention with this Change Catalyst is to inspire you, encourage you, and bring you practical questions and tips to get started on the right foot, set your change up for success and drop your fears. Pick out what resonates with you, and enjoy the journey!

*Monica*



# 20 Questions to plan your change

**Why** do you want this change?

What **benefits** will it bring you?

What is the change **about**?

What do you want to **achieve**?

How will you **feel**  
when you've made your change?

Which kind of things  
need to **happen**  
for your change  
to come about?  
Make a list!



*She turned her can'ts into cans,  
and her dreams into plans.*

Which of the things you listed will need to happen **sooner**?

Which can wait for **later**?

Make a list for 'sooner' and one for 'later'.

Which **resources, knowledge** and **support** will you need for your change?

Who needs to **know** about your change?

**How** can you inform them?

Which **strengths** and **skills** can you rely on to keep you going?

Which is the **easiest** thing for you to start with?

Which the **quickest**?

Which will make the  
**greatest difference**?

Which do you **like best**?

What will you **start** with?



What can you do **today**?

What can you do **this week**?

**When** will you do these things?



# *My Top Tips for successful change*

## *1. Know why you want this change.*

Make sure it's a good reason: Worthwhile, motivating and beneficial for you. Something that will make a difference to you and your life. Something that lights you up enough to really want to work towards it.

*Make a wish. Take a chance. Make a change.*



## *2. Make it urgent.*

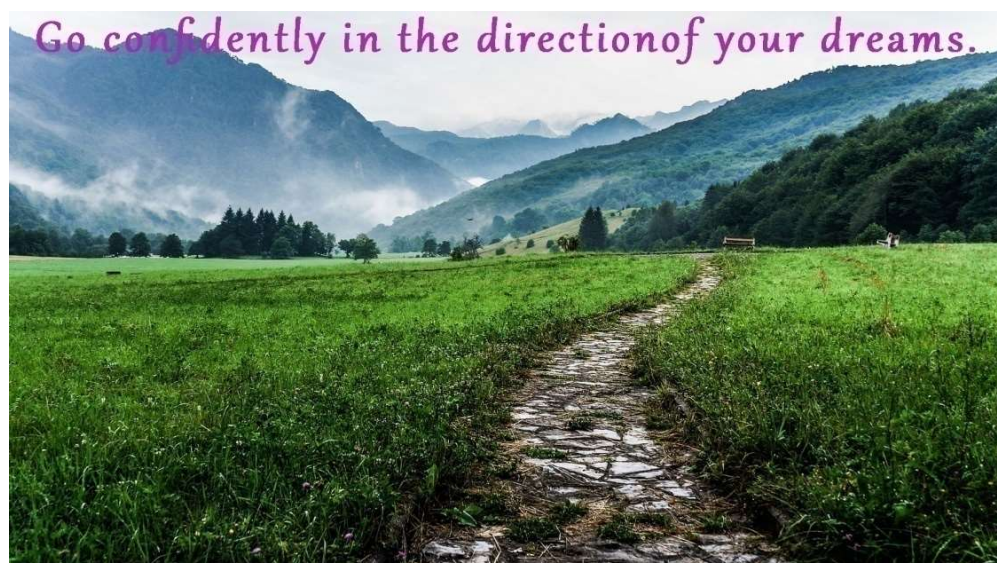
How urgent is it that you make this change now? What makes it so? The more urgent you feel your change is, the easier it will be for you to make it happen. If you're feeling a bit lukewarm about this change, ask yourself: Do you *really* want it? And if so: How can you raise your sense that it is urgent to start with it now?

### 3. Coax your readiness along.

Acknowledge when you've sufficiently considered, pondered, mulled over, researched and prepared your change. It is easy to get caught up in *analysis paralysis* and never actually do anything at all! But perhaps you've really had enough of your circumstances, perhaps your longing for change is strong, and you know that *now* is the time. That's a good sign that you're ready to start on your change. Anything less than that, and you might face an uphill struggle if you still try to force change.

### 4. Set a rough direction of travel.

You don't have to have it all worked out, but it's useful to know *roughly* where you're headed with the change you want to make. Having something to aim at, and a rough plan for your journey will reduce your fear of leaping into the unknown. You can adjust your initial plan along the way if you need to. And it's ok to have a Plan B, too – just in case.





## *5. Simplify.*

Break your journey down into manageable steps that you can do over time. What can happen sooner, what can wait for later? How can you make those steps as small and simple as possible? How can you go one step at a time?

## *6. Find a starting point — any one will do.*

It doesn't matter so much where you start, as *that* you start. So find something you can do *right now*, or this week. Taking action, however small, will build your excitement about your change, and give you confidence and motivation to keep going. What's the easiest thing you could start with? What's the simplest, most fun, or most effective and encouraging thing you could do? Do that!



## *7. Make time.*

Make time in your schedule to work on your change – both thinking about it, and moving it forward practically. A regular time slot is good, or maybe it's more practical to commit to a certain amount of time each week, whenever you can fit that in. Put it in your diary, and let others know that this is your time where you do not want to be distracted.

## *8. Regularity, structure, systems...*

Boring? Maybe. But just like no plant will survive without regular watering, or no tree will stand without strong roots and trunk, so no change will happen, unfold and continue without support.

Therefore: What can support you on your journey and keep you on track as you work on making your change? A regular time slot in your diary for change work perhaps. Reviewing where you're at every now and then, and adjusting your way forward and next actions. Consciously building positive new habits that will support your change. Friends, or a coach to report back to, discuss your change and resolve issues with. And whatever else works for you!

*Only you can change your life...  
No one can do it for you. So...*

*Which tip can you apply today?*



# Now what?

I hope this Change Accelerator has inspired you to get started making your change. And that you've found some practical pointers for what to actually do.

I'd love to know how you've been getting on – so do drop me a line at [monica@livealifyoulove.co.uk](mailto:monica@livealifyoulove.co.uk). It'll be great to have news about your change! And if you have a questions about getting started with your change, also get in touch, and I'll do my best to answer it for you.

# Want more resources?

Check out my website [www.livealifyoulove.co.uk](http://www.livealifyoulove.co.uk), where you'll find my [Blog On Life and Change](#), and my [Book Store](#) with inspiring writing on creating and living a life you love.

Wishing you well,

Monica



Helping you  
change your life



monica castenetto  
change coaching & consulting

[www.livealifyoulove.co.uk](http://www.livealifyoulove.co.uk)

# *Know what you want, but unsure how to get there?*

If you've already started making the change you want in your life and you're on a roll - good for you. Keep up the good work!

But if you know what change you want, yet are finding it hard to get started or to keep going, why not get my empathetic, focused support? Clarify your thoughts, structure your journey, break down a big change into doable bits, overcome what's holding you back, and keep going and motivated until you are where you want to be.

I can help you change your life. Work with me to take the struggle out of change. So you can feel more confident and at ease, and enjoy a happier and more fulfilled life!

Check out how you can work with me:

[www.livealifyoulove.co.uk/work-with-me](http://www.livealifyoulove.co.uk/work-with-me)

Or get in touch to book a free call to explore how my coaching can most help you: [monica@livelifyoulove.co.uk](mailto:monica@livelifyoulove.co.uk)

